# School Lunch Cook Book

6-25-85
Spokane WA.
W.S.F.S.A. Conference

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FOOD SERVICE ASSOCIATION

Spokane, Wa.

# INTRODUCTION

*"May I have the recipe for the cookies we had for lunch today so my Mom can make them at home?"*

It is in response to this question that we present this cookbook to you. Down through the years we have had many, many requests for recipes from our students, teachers, and parents. It is difficult for our cooks to give out recipes because, perhaps, we use 10 pounds of butter and 10 pounds shortening in those cookies and 25 pounds of beans in our chili.

We have spent a great deal of time adapting our recipes to family size and they have been tested in our kitchens at home.

If you are a former student, we hope we have included those you especially liked. If you are a Mom, we hope your child's favorite is here.

# TO MAKE COFFEE
# IN AN ELECTRIC PERCOLATOR

Always use cold water.

To make:

25 C use 1 1/2 C percolator
grind coffee

50 C use 3C percolator
grind coffee

75 C use 4 C percolator
grind coffee

100 C use 5 1/2 C percolator
grind coffee

# ABBREVIATIONS AND EQUIVALENTS

| | | |
|---|---|---|
| t | = | teaspoon |
| T | = | tablespoon |
| C | = | cup |
| pt | = | pint |
| Qt | = | quart |
| gal | = | gallon |
| oz | = | ounce |
| Lb | = | pound |
| pkg | = | package |

| | | |
|---|---|---|
| 3 t | = | 1 T |
| 16 T | = | 1 C |
| 2 C | = | 1 pt |
| 4 C | = | 1 Qt |
| 4 Qt | = | 1 gal |
| 1 fluid C | = | 8 oz |
| 1 fluid Qt | = | 32 oz |
| 16 oz | = | 1 Lb |

# HINTS AND SUBSTITUTIONS

For Sour Cream or Milk, add 1 T Vinegar or Lemon Juice to 1 C sweet Milk or Cream. Let stand a few minutes.

Cut up dates or other sticky fruits with wet scissors. Dip the scissors in hot water occasionally.

For:

1 C All Purpose Flour use 1 C plus 2 T Cake Flour

1 T Cornstarch use 2 T Flour

1 t Baking Powder use 1/4 t Soda and 1/2 t Cream of Tartar

1 square Chocolate (unsweetened) use 3 T Cocoa and 1 T Shortening

1 C Brown Sugar (packed) use 1 C White Sugar

1 C Sugar (in baking) use 1 C Honey and reduce other liquid by 1/4 C
Reduce oven temp. 25°

1 Garlic Clove use 1/4 t Instant Minced Garlic or 1/8 t Garlic Powder.

1 T fresh Herbs use 1 t dried herbs or 1/4 t powdered herbs

1 t dry Mustard use 2 or 3 t prepared Mustard

1 C Self-rising Flour use 1 C All Purpose Flour plus 1-1/2 t baking powder and 1/2 t salt.

1 lb fresh Mushrooms use 6 oz can Mushrooms, drained or 3 oz dried Mushrooms

VINEGAR uses:

Brighten stainless steel by rubbing the spots with a cloth dampened with white vinegar.

Open clogged drains by pouring a handful of baking soda down the drain and adding 1/2 C white vinegar. Cover tightly for a few minutes, flush with cold water.

To remove dark or burned stains from an electric iron, rub with equal amounts of white or cider vinegar and salt, heated in aluminum pan. Polish as you would silver.

A little white vinegar rubbed on your fingers before and after slicing onions will remove the odor quickly.

Dampen your cleaning rag in white vinegar and water and use to wipe out oven.

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# MAIN DISHES & SANDWICHES

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# USE OF DEHYDRATED ONIONS

| Dehydrated Chopped Onion | | Fresh Chopped Onion |
|---|---|---|
| 1 T | = | 1/4 C |
| 2 T | = | 1/2 C |
| 1/4 C | = | 1 C |

Directions: For most cooking use instant chopped onions dry, right from the package. No preliminary soaking is required in soups,stews, sauces, gravy, vegetables or any recipe high in liquid.

For use uncooked, cover with cold water and soak 20 minutes. For really crisp onions for salads, relish or burgers, refrigerate and use ice water. For fast reconstitution, cover with boiling water and soak 5 minutes. Use in recipes low in liquids.

# MACARONI AND CHEESE

Yield: 12 Servings
Bake 325° 30 mins

| | |
|---|---|
| 2 Qt | Boiling Water |
| 1 t | Salt |
| 8 oz | Macaroni |
| 1/4 C | Butter |
| 1/2 C | Flour |
| 1 Qt | Milk |
| 1-1/2 Lb | Grated Cheddar Cheese (6 C) |

Combine boiling water and salt; slowly add macaroni to water. Cook approximately 15 minutes; drain. Melt butter and stir in flour. Heat milk to boiling; add butter/flour mixture to hot milk and stir well. Cool slightly; add grated cheese, stirring well. Blend into cooked macaroni. Turn into baking dish. Bake.

# CHEESE ZOMBIES

Yield: 9 servings
Bake 350° 15-18 mins

2 Lb Basic Bread Dough
(pg. )

1-1/4 Lb American Cheese,
Shredded

Roll out 1 Lb basic dough to fit into bottom of 12 x 18 inch greased baking sheet; sprinkle cheese over top. Roll out remaining 1 Lb Basic Dough;arrange over cheese layer. Press edges together lightly. Let rise and bake. Cut to serve.

# TURKEY SQUARES

Yield: 6 servings
Bake 350° 1-1/2 hours

| | |
|---|---|
| 1-1/2 C | Dry Bread Crumbs |
| 1 C | Chopped Onion |
| 1/2 C | Butter |
| 2 t | Sage |
| 2 t | Salt |
| 1/2 t | Pepper |
| 4 C | Broth, divided |
| 2 | Eggs |
| 6 C | Cubed, Cooked Turkey |

Place bread crumbs in large bowl. Saute onions in butter until tender; add to bread crumbs along with sage, salt, pepper, 2 cups broth and eggs. Mix well. Press dressing mixture in 9 x 12 inch baking dish. Combine turkey cubes with remaining 2 cups broth. Pour over dressing in baking dish. Bake.

# TUNA NOODLE & CHEESE CASSEROLE

Yield: 12 servings
Bake 350° 30 mins

| | |
|---|---|
| 1 | 12 oz. pkg Noodles |
| 2 Qt | Boiling Water |
| 3/4 C | Flour |
| 1/2 C | Butter, melted |
| 1-1/2 t | Salt |
| 1 Qt | Milk |
| 1 C | Grated Cheddar Cheese |
| 2 t | Chopped Onion |
| 2 | 6½ oz cans Tuna, drained |

Cook noodles in boiling water until tender. Drain well; place in baking dish. In saucepan blend flour, butter and salt with a portion of milk. Gradually stir in remaining milk. Cook; stirring, over medium heat until thickened. Add cheese; stir well. Fold into noodles along with onion and tuna. Bake.

# TUNA & EGG CASSEROLE

Yield: 10 servings
Bake 325° 30 mins

| | |
|---|---|
| 1 | 12 oz. pkg Noodles |
| 1/2 C | Butter or margarine |
| 1/2 C | Flour |
| 1 Qt | Milk |
| 1-1/4 C | Grated Cheese |
| 2 T | Minced Onion |
| 2 T | Chopped Green Pepper |
| 2 T | Chopped Pimiento |
| 2 t | Salt |
| 2 | 6½ oz cans Tuna, drained |
| 6 | Hard-cooked Eggs, sliced |

Cook noodles according to package directions. Set aside. Melt butter; blend in flour. Stir in milk. Cook, stirring, until slightly thickened. Add cheese, onion, green pepper, pimiento and salt. Break tuna into small pieces; add to noodles along with egg slices & cream sauce. Turn mixture into greased 3 qt casserole. Bake.

# ENCHILADAS

Yield: About 20
Bake 350° 10-12 mins

| | |
|---|---|
| 2½ Lb | Ground beef |
| 3/4 C | Chopped Onion |
| 1 C | Soaked Bulgar |
| 6 C | Shredded Cheese, divided |
| 6 C | Enchilada Sauce (pg , divided |
| 20 | 8-inch Flour Tortillas |

Brown ground beef and onions; stir in bulgar. Continue cooking until beef is done and bulgar heated thoroughly. Remove from heat; cool slightly. Stir in 3 cups shredded cheese and 4 cups Enchilada Sauce. Mix thoroughly. Place 1/4 cup meat mixture on warmed tortillas. Roll, folding ends in. Place seam-side down in baking pan. Spoon remaining sauce over tops of enchiladas; sprinkle with remaining cheese. Bake.

# ENCHILADA SAUCE

Yield: About 1-1/2 Qt

| | |
|---|---|
| 1/2 C | Shortening |
| 1/3 C | Flour |
| 1 C | Tomato Paste |
| 5 C | Water |
| 3 T | Chili Powder |
| 1 T | Salt |
| 2-1/3 T | Cumin |
| 1-1/2 t | Garlic Powder |
| 1/4 t | Pepper |

Melt shortening; stir in flour. Cook, stirring until thick and bubbly. Add tomato paste and water; stir until smooth. Cook, stirring, until thick. Combine seasonings; stir into tomato mixture. Continue cooking for 30 mins, stirring constantly.

# LASAGNA

Yield: 10 servings
Bake 350° 40 mins

| | |
|---|---|
| 1 Lb | Ground Beef |
| 3/4 C | Chopped Fresh Onion |
| 1 C | Chopped Celery |
| 1 | 12 oz can Tomato Paste |
| 1 C | Water (about) |
| 1 t | Sugar |
| 1-1/2 t | Salt |
| 1-1/2 t | Chili Powder |
| 1-1/4 t | Oregano |
| 1 t | Garlic Salt |
| 10 oz | Lasagna Noodles |
| 1 C | Shredded Mozzarella Cheese |
| 1 C | Shredded Cheddar Cheese |
| 3/4 C | Cottage Cheese |
| 1 T | Chopped Parsley |

Brown ground beef; drain off fat. Add onions and celery to meat; cook until tender. Combine tomato paste and water to equal 3-1/2 cups. Stir in seasoning; add to meat mixture. Cook noodles in boiling salted water. Drain and rinse

(continued)

noodles in hot water. Combine mozarella and cheddar cheese; gently stir 1 cup into noodles along with cottage cheese and parsley. Spoon half of tomato sauce on bottom of greased 9 x 13 inch baking pan. Arrange noodles over sauce. Top with remaining sauce. Sprinkle remaining grated cheese on top. Bake.

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# CHILI

Yield: About 1 Gallon

| | |
|---|---|
| 1 lb. | Dry Red or Pinto Beans |
| 2 lbs. | Ground Beef |
| 2 | Medium Onions, chopped |
| 1 C | Tomato Paste |
| 1 29oz | can Tomatoes |
| 3 T | Chili Powder |
| 1 t | Garlic Powder |
| 2 T | Salt |

Wash beans; soak in enough water to cover overnight. Drain; cover beans with additional water and cook until tender. Brown ground beef and onions until meat is crumbly and onions tender. Add to cooked beans along with tomato paste, tomatoes and seasonings. Simmer over low heat about 2 hours, adding additional liquid as needed during cooking.

# CHEESE MEAT LOAF

Yield: 10 servings
Bake 325° 40 mins

| | | |
|---|---|---|
| 1 | C | Dried Bread Crumbs |
| 3/4 | C | Milk |
| 1/4 | C | Chopped Onions |
| 1/3 | C | Chopped Celery |
| 1-1/2 | Lb | Ground Beef |
| 1 | t | Salt |
| 1-1/2 | t | Worcestershire Sauce |
| 2 | | Eqqs |
| 1 | C | Grated Cheddar Cheese, Medium |

Let bread crumbs soak in milk for 5 minutes. Add remaining ingredients and mix well. Press in greased loaf pan or square baking dish. Bake.

# SPAGHETTI SAUCE

Yield: 10 1 C servings

| | |
|---|---|
| 2 T | Butter |
| 3/4 C | Onions, chopped |
| 3 T | Green Pepper, chopped |
| 2 lbs | Ground Beef |
| 1 t | Salt |
| 1/2 t | Pepper |
| 1-1/4 t | Celery Salt |
| 3/4 t | Garlic Powder |
| 3 T | Worcestershire Sauce |
| 2-1/2 C | Tomato Paste |
| 3-3/4 C | Water |
| 3 T | Sugar |
| 1 C | Grated American Cheese |

Melt butter; add onions and green pepper cooking until tender. Add ground beef and salt. Continue cooking until ground beef is crumbly and browned. Stir in seasonings, tomato paste, water and sugar. Simmer for about 40 mins. Stir cheese into sauce just before serving over hot cooked spaghetti.

NOTE: Two 8 oz. cans mushrooms, drained and 2 t Oregano can be added if desired.

# BROWNED BEEF IN GRAVY

Yield: 10 1/2 C servings

| | |
|---|---|
| 1 3/4 lbs | Ground Beef |
| 1/2 t | Salt |
| 1/4 C | Onions, chopped |
| 2-1/2 C | Water or Meat Stock |
| 1/4 C | Shortening |
| 6 T | Flour |
| 1/4 t | Salt |
| Dash | Garlic Powder |
| 1/8 t | Pepper |

Brown ground beef and onions, sprinkle with 1/2 t salt. Stir meat until crumbly. Drain off fat. Add water or stock to meat; bring to boil. Melt shortening in saucepan; stir in flour until smooth. Blend into meat mixture; bring to boil. Cook until thickened. Stir in ¼ t salt, garlic powder and pepper. Serve over mashed potatoes, rice or noodles.

# PIZZA SAUCE

Yield: for 4 12" pizzas
Bake 400° 10-12 mins

| | |
|---|---|
| 1 lb | Ground Beef |
| 2 | 6oz. cans tomato paste |
| 1-1/2 C | Water |
| 2 T | Worcestershire Sauce |
| 1 T | Dehydrated Onions |
| 1 T | Oregano |
| 1 t | Salt |
| 1 t | Sugar |
| 1 t | Garlic Salt |
| 1/4 t | Pepper |
| 3 C | American or Mozarello Cheese shredded |
| Pizza Crust | |

Brown ground beef until crumbly. Stir in all remaining ingredients except cheese. Simmer about 30 mins. Spread mixture over Pizza Crust (A-16 or A-17; top with cheese. Bake.
NOTE: Garnishes may be added as desired. Try olives, mushrooms, pepperoni, etc.

# PIZZA CRUST

Yield; 4 12" Pizzas
Bake 400° 10-12 mins

| | |
|---|---|
| 1 pkg. | Active Dry Yeast |
| 1/2 C | Water, warm |
| 2T | Shortening, softened |
| 3 C | Flour |
| 1 1/2 t | Salt |
| 1 t | Sugar |
| 1/2 C | Milk |

Dissolve yeast in warm water. Combine flour, salt, sugar and shortening; blend well. Stir in dissolved yeast and milk; mix well. Form into balls; let stand 5 min. Divide into 4 sections; pat in 4 12" Pizza pans. Spread with Pizza Sauce, cheese and choice of toppings. Bake.

PIZZA SAUCE: A-15

# POUR PIZZA CRUST

Yield: 10-12 servings
Bake 350° 10-15 mins

| | |
|---|---|
| 2 T | Active Dry Yeast |
| 1 C | Water, warm |
| 3 C | Flour |
| 3 T | Sugar |
| 1 T | Salt |
| 1 1/2 T | Salad Oil |
| 1 C | Milk |

Dissolve yeast in warm water; stir in remaining ingredients, beating well. Pour into greased 12x18 inch baking pan. Let rise in warm place about 15-20mins. Bake until lightly browned. Top with Pizza Sauce (pg. A-15) and favorite toppings. Continue baking until cheese is melted, about 10 mins.

# TACO FILLING

Yield: About 24
1/4 c. servings

| | |
|---|---|
| 2 1/4 lb | Ground Beef |
| 1 | Onion, medium, chopped |
| 1 1/2 t | Chili Powder |
| 1 1/2 t | Garlic Salt |
| 1 1/2 t | Sugar |
| 1 1/2 t | Worcestershire Sauce |
| 1 t | Salt |
| 3/4 t | Cumin |
| 1/2 t | Pepper |
| 2 C | Canned Tomatoes with juice, chopped |
| 1/2 C | Tomato Paste |
| 1 | 16oz can Refried Beans |
| 24 | Taco Shells<br>or<br>10 inch Flour Tortillas |
| 2 C | American Cheese, shredded |
| 2 lb. | Lettuce, chopped |

Brown ground beef with onions until beef is crumbly. Drain fat. Stir in seasonings, tomatoes, and tomato paste; simmer 15 mins. Add refried beans; heat thoroughly. Fill taco shells with meat mixture top with cheese and lettuce.

# TACO SALAD

Yield: 10 servings

| | |
|---|---|
| 10oz. | Nacho Chips |
| 2 C | Cheddar Cheese, shredded |
| 1 head | Lettuce, chopped |
| 2 | Tomatoes, chopped |
| 2 1/2 C | Taco Filling (pg. |

Arrange 1 oz. nacho chips in salad bowl. Sprinkle 3/4 to 1 oz. cheese over chips. Top with 1 C combined lettuce and tomato mixture.

TO SERVE: top with 1/4 C warmed Taco Filling. Serve with Taco Hot Sauce(pg A-20) and choice of salad dressing.

# TACO HOT SAUCE

YIELD: 25 servings

| | |
|---|---|
| 3 C | Canned Tomatoes |
| 1 T | Chopped Green Pepper |
| 3 T | Chopped Onion |
| 1-1/2 t | Vinegar |
| 1/2 t | Oregano |
| 2 t | Salt |
| 1/2 t | Salad Oil |
| 1/2 t | Garlic Powder |
| | Tabasco Sauce, use sparingly |

Put tomatoes through course sieve. Mix all ingredients. DO NOT COOK. Keep refrigerated.

# CONEY ISLAND SAUCE

Yield: 5 cups
About 15 1/3-C servings

| | |
|---|---|
| 1 lb | Ground Beef |
| 1 1/2 C | Water |
| 1 1/2 t | Salt |
| 1/2 t | Pepper |
| 1 C | Catsup |
| 1 | 6 oz can Tomato Paste |
| 1 T | Worcestershire Sauce |
| 2 t | Chili Powder |
| 1/2 t | Sugar |
| 2 | Medium Onions, chopped |

Brown ground beef until crumbly.
Drain fat. Stir in remaining ingredients except onions; simmer for 1 hr.
Just before serving stir in onions.
Serve over weiner on a bun.

# WEINER WINK

Yield: 8 servings
Bake 400° 15-20 mins

4 T Butter, melted
2 T Prepared Mustard
8 Weiners
1/4lb Cheese, sliced

Prepare 1/2 of Basic Dough recipe. Cut into 2 portions; let rest 10 mins. Stretch each into 3x26 inch retangles. Brush with butter-mustard mixture. Cut each dough portion into 4 equal sections approximately 6½x3 inches. Place one weiner and one slice cheese lenth-wise on dough; roll up. Pinch dough to seal edges. Place on greased pan. Let rise about 40 mins. Bake

# WESTERN DIP SANDWICH

Yield: 4-6 servings
Bake 400° 10-15 mins

1 lb Ground Beef, lean
4 T Dry Bread Crumbs
1/4t Salt
Dash Pepper
3 T Onions, chopped
6 T Water, about
1 14 inch loaf French Bread

Mix together ground beef, bread crumbs, salt, pepper, onions and enough water to moisten well. Do not overmix. Pat mixture into a rimmed baking sheet into a 4x16 inch strip. Make as flat and even as possible. Bake. Do not overcook. Drain fat. Place meat strip on 14" loaf French Bread that has been sliced in half lengthwise. Cut into 4 to 6 portions.Serve with Au Jus.

# CRUSTY BEEF-EATER SANDWICH

Yield: 12 servings
Bake 350° 30 mins

1 lb Ground Beef
3 T Celery, chopped, cooked tender crisp
3 T Onion, Chopped, cooked tender crisp
1 t Chili Powder
1/2t Worcestershire Sauce
1/2C Catsup
Salt and Pepper to taste
2lb Basic Bread Dough (pg. B-1)
2 C Cheese, shredded American or Mozzarella

Brown ground beef until crumbly; stir in celery, onion, worcestershire sauce, catsup, salt and pepper. Let cool. Roll 1 lb Basic Dough into a thin rectangle to fit into a 12x18 inch pan that has been greased and sprinkled with cornmeal.

con't.

# CRUSTY BEEF-EATER

## SANDWICH (con't)

Spread cooled meat mixture over dough in pan; sprinkle cheese over top. Roll out remaining 1 lb. Basic Dough; arrange over cheese layer in pan. Press edges together lightly. Lightly score top of dough into serving size pieces; let rise and bake. Cut to serve.


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# TUNA SALAD SANDWICH FILLING

Yield: 6 1/4 C servings

| | |
|---|---|
| 1 | 6½ oz Can Tuna, drained and flaked |
| 2 | Eggs, hard cooked, diced |
| 1/4 C | Finely chopped Celery |
| 1-1/2 t | Chopped Onion |
| Dash | Pepper |
| 2 T | Butter |
| 1/3 C | Salad Dressing |
| 12 Slices | Bread |

Combine tuna, eggs, celery, onions, pepper, butter and salad dressing; blend well. Spread on 6 slices of bread; top with remaining slices.

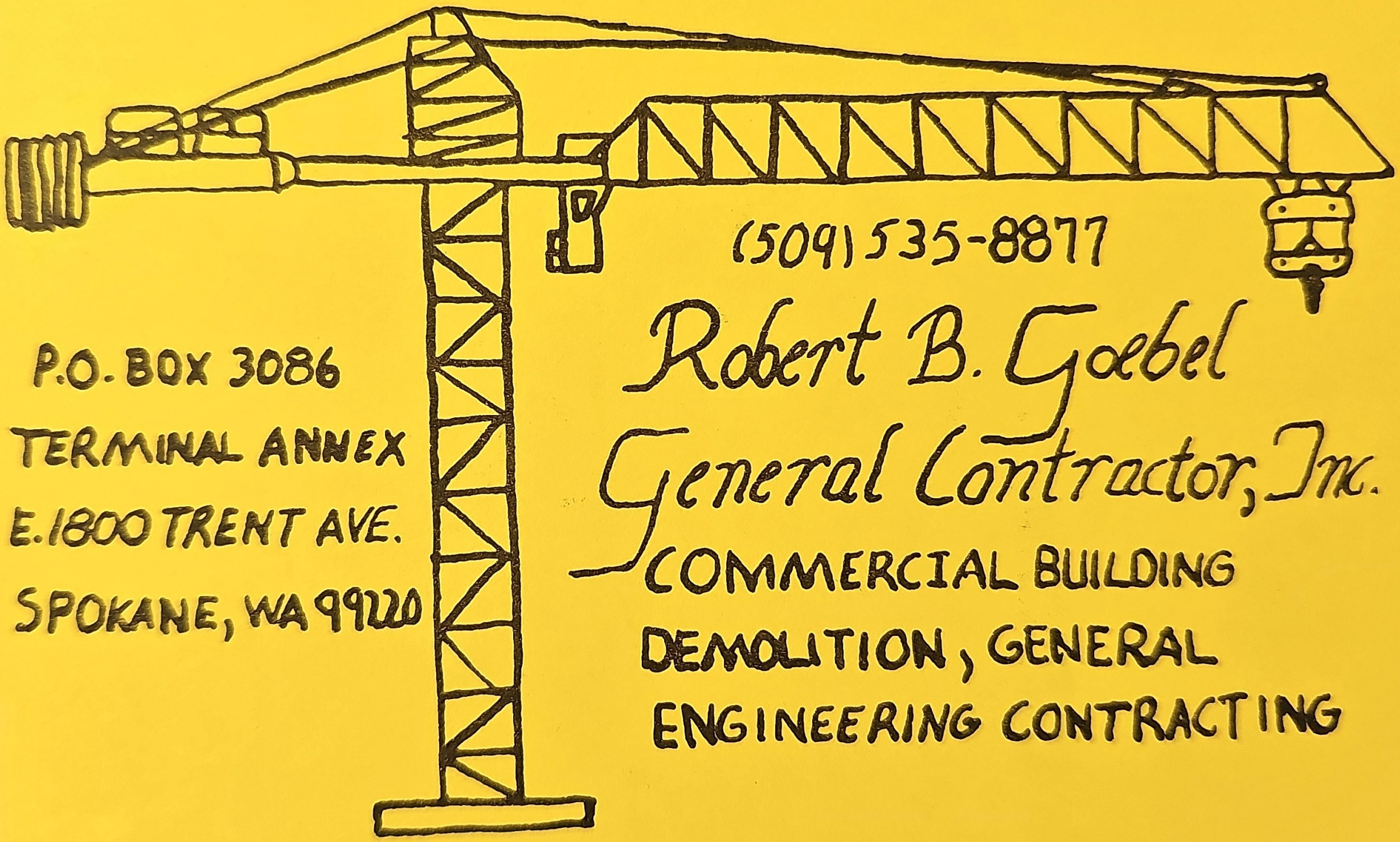
NOTE: Butter is added to mixture to save one step in preparation.

You can substitute 1 cup sugar (in baking) by using 1 cup honey, reduce other liquid 1/4 cup; reduce baking temperature 25 degrees.

You can substitute 1 garlic clove by using 1/4 teaspoon instant minced garlic OR 1/8 teaspoon garlic powder OR 1/4 teaspoon garlic salt (reduce regular salt 1/8 teaspoon.)

You can substitute 1 cup self rising flour by using 1 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt.

# BREADS



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## Breads


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# EASY BASIC BREAD DOUGH

Yield: 2 Loaves
Bake 400° 30 mins

| | |
|---|---|
| 2 T OR 2 pkgs | Active Dry Yeast |
| 1/2 C | Warm Water (110°-115°) |
| 1 C | Milk, scalded |
| 1/4 C | Shortening, softened |
| 5 1/2 C | Flour, about |
| 1/2 C | Sugar |
| 1 t | Salt |

1. Dissolve yeast in warm water; set aside.
2. Scald milk; add shortening and let cool to lukewarm.
3. Blend flour, sugar and salt; stir in milk mixture and dissolved yeast. Mix well.
4. Turn dough onto lightly floured board; knead until smooth and elastic, 5 mins. A little water may be kneaded in if mix is dry. Dough should not be sticky but easy to handle.
5. Place in greased bowl, turn greased side up.

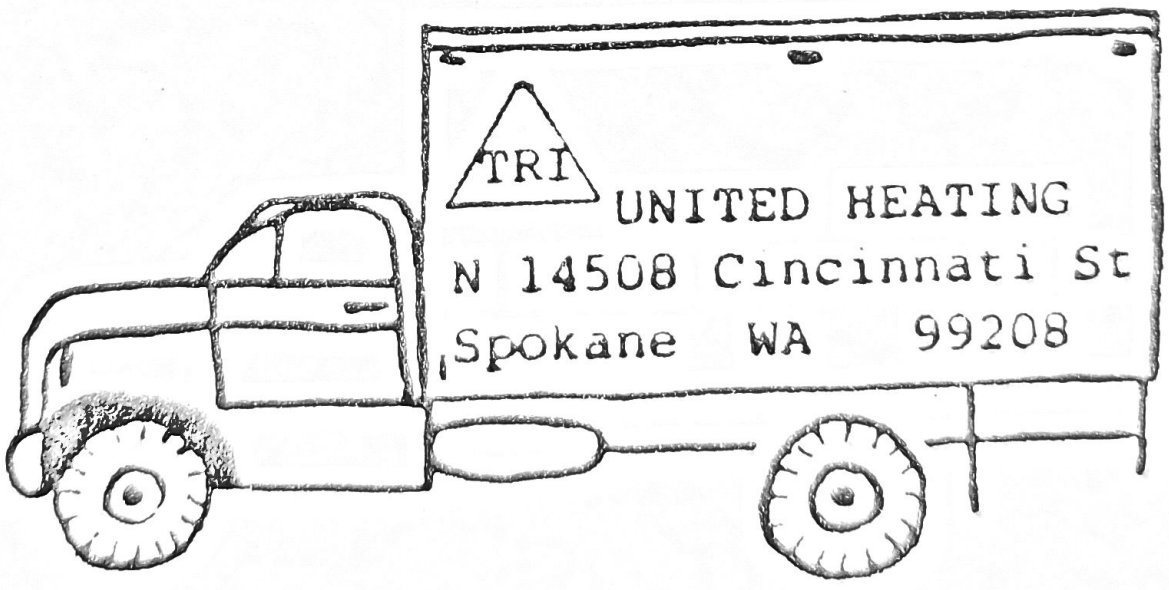
continued

# EASY BASIC BREAD DOUGH con't.

6. Cover; let rise in warm place until doubled in bulk -- finger pressed lightly into dough leaves an impression.
7. Punch down. Shape into two loaves; let rise until doubled. Bake.

NOTE: A little oil or flour on your hands helps in working dough.

WHOLE WHEAT BREAD: Use equal parts white flour and whole wheat flour. Add a little extra water if dough is too dry. Baking time may increase slightly.

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# DINNER ROLLS

Yield: 2 dozen
Bake: 350° 20 mins

Follow Basic Dough recipe through Step 6. Punch down. Shape into 24 small balls and place on baking sheet. Let rise until doubled in bulk. Bake.

HOLDING UNBAKED ROLLS: Shape into desired rolls as above. Cover with clean cloth and refrigerate. TO BAKE: remove from refrigerator: let rise until doubled. Bake as above.

# HAMBURGER BUNS

Yield: 12 buns
Bake 400° 15-20 mins

Follow Basic Dough recipe through Step 6. Punch down. Divide dough into 2 equal portions. Cut each portion into 6 equal parts. Roll each part into a ball; place on greased baking sheet at least 2 inches apart. Repeat with remaining dough portion. Cover; let rise until doubled in bulk. Press each roll flat with botton of small pan. Let rise until doubled. Bake. Check bottom of buns for browning.

## WEINER BUNS

Yield: 12 Buns
Bake 400° 8-10 mins

Follow Basic Dough recipe through Step 6. Punch down. Divide dough into 2 equal portions. Cut each portion into 6 equal parts. Shape each part the length of a weiner. Place on greased baking sheet. Let rise until doubled. Bake.

## MAPLE BARS

Yield: 20 Bars
Bake 400° 10-15 mins

Follow Basic Dough recipe through Step 6 Punch down. Spread evenly in greased 12x18 inch pan. Brush with melted butter. Cut 4 across and 5 on long side. Let rise until doubled. Bake.
When cool, glaze with frosting.

MAPLE FROSTING
Add 1 T Maple flavoring to
Easy Penuche Icing (pg.D-4).

# CINNAMON ROLLS

Yield: 24 Rolls
Bake 400° 10-15 mins

Follow Basic Dough recipe through Step 6. Punch down. Divide dough into 4 equal parts. Roll one part into an 8x12 inch rectangle. Brush with melted butter. Sprinkle 1/4 of the Cinnamon Sugar over butter to within 1/2 inch of bottom edge. Start at top and roll down to bottom and seal. Cut roll into 6 equal slices. Place on greased baking pan so sides are touching. Let rise until doubled. Bake. When cool drizzle with powdered sugar glaze, if desired.

CINNAMON SUGAR: Combine 1/4 C brown sugar, 1/4 C white sugar and 2 T cinnamon.

## DUTCH APPLE COFFEE CAKE

Yield: 10-12 servings
Bake 350° 25-30 mins

Follow Basic Dough recipe through Step 6. Punch down. Pat 1/4 of dough in greased 9-inch square pan. Spread top of dough with melted butter. Sprinkle a mixture of 1/4 C sugar and 1/4 t cinnamon over butter. Arrange slices of cooked or canned apples on top. Let rise until doubled. Bake. When cool drizzle with powdered sugar glaze, if desired.

---

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# FRENCH BREAD

Yield: 1 loaf
Bake 425° 10 mins
350° 20 mins

| | |
|---|---|
| 1 T or 1 pkg | Active Dry Yeast |
| 1 1/4 C | Water, lukewarm |
| 1 T | Soft Shortening or Oil |
| 1 T | Sugar |
| 1 t | Salt |
| 3-1/2 C | Flour |

1. Dissolve yeast in warm water; stir in shortening, sugar, salt and flour. Mix well.
2. Turn out on lightly floured board; knead until smooth and elastic, about 10 mins.
3. Place in greased bowl, turn greased side up.
4. Cover; let rise in warm place until double in bulk -- finger pressed lightly into dough leaves an impression. 1 hour.
5. Punch down. Cover and let rest 10 mins.
6. Roll Dough into a 10x15 inch rectangle. Roll up tight as for jelly roll; seal well.

# FRENCH BREAD (con't)

7. Place seam side down on greased baking sheet. Let rise in warm place until increased 2 1/2 time in volume, about 1¼hrs.
8. Cut slits every 1 1/2 inches in top of loaf with scissors. Brush loaf with water. Bake 425° for 10 minutes; remove from oven and brush with water again; continue baking at 350° for 20 mins.

# CRUSTY FRENCH ROLLS

Yield: about 1 1/2 doz
Bake 400 ° 20 mins

| | |
|---|---|
| 1 T | Active Dry Yeast |
| 1 T | Sugar |
| 1 t | Salt |
| 6 C | Bread Flour, unsifted |
| 2 T | Shortening, melted |
| 2 C | Hot Water (110°) |

Combine yeast, sugar, salt, flour, shortening and water. Mix well, dough will be stiff. Turn out and knead 10 to 15 minutes or until smooth and elastic. Place in greased bowl; turn to grease top. Let rise until almost double, about 50 minutes. Punch down, let rest 10 minutes. Shape into small oblong rolls; place on lightly greased and cornmeal dusted baking sheet. Cut small criss-cross on top with scissors. Let rise until doubled, about 30 mins. Brush with egg wash: 1 egg white beaten with 2 T water. Bake until golden brown.

# ROLLED WHEAT MUFFINS

Yield: 18 muffins or
9"x13" pan
Bake 400° 30 mins.

| | |
|---|---|
| 1 1/2 C | Rolled Wheat |
| 2 C | Milk |
| 1 1/2 t | Vinegar |
| 2 1/4 C | Flour |
| 1 1/2 C | Brown Sugar |
| 2 1/2 t | Baking Powder |
| 1 t | Salt |
| 3/4 t | Soda |
| 2 | Eggs, beaten |
| 1/2 C | Butter or Margarine, melted, cooled |

Combine rolled wheat, milk and vinegar; let soak for 1 hour. Combine flour, brown sugar, baking powder, salt and soda in large mixer bowl. Add rolled wheat mixture, eggs and butter; blend well, but do not over mix. Pour into greased pan. Bake.

# SALLY LUNN COFFEE CAKE

Yield: 16 servings or
9"x13"pan
Bake 400° 40 mins

| | |
|---|---|
| 3 C | Flour |
| 1 C | Whole Wheat Flour |
| 1-2/3 C | Sugar |
| 2 T | Baking Powder |
| 2 t | Salt |
| 1 C | Dried Milk |
| 2/3 C | Shortening |
| 1 | Egg |
| 2 1/2 C | Water |

Stir together flours, sugar, baking powder, salt and dried milk in mixer bowl until well blended. Cut in shortening until crumbly. Add egg and water, mixing until flour is just moistened. Do not over mix. Pour batter into greased and floured 9x13 inch pan. Sprinkle with Crumb Topping and Bake.
CRUMB TOPPING: Cream 5 T butter and ½ C sugar until crumbly. Stir in 1/2 C dry bread crumbs and 1 t cinnamon

# SALLY LUNN COFFEE CAKE (con't)

NOTE: Dried milk and water can be replaced by 2 1/2 C fluid milk.

VARIATION: All white flour may be used.

# GINGERBREAD

Yield: 12 servings
Bake 350° 40-45mins

| | |
|---|---|
| 1/4 C | Shortening |
| 1/2 C | Sugar |
| 1 | Egg |
| 1/2 C | Molasses |
| 2 C | Flour, sifted |
| 1/4 t | Salt |
| 3/4 t | Ginger |
| 1/2 t1 | Cinnamon |
| 4 1/2 T | Buttermilk, dried |
| 1 C | Water |
| 1 t | Soda |

Cream shortening and sugar until fluffy. Beat in egg and molasses; continue beating until light in collor. Sift together flour, salt, ginger and cinnamon. Reconstitute dried buttermilk with water; stir in soda.

# GINGERBREAD (con't.)

Add to creamed mixture alternately with flour mixture, beating well after each addition. Beat one minute more. Turn into greased and floured 9 inch square pan. Bake until tests done. Serve warm or cold with whipped topping, if desired

# APPLESAUCE BREAD

Yield: 1 9x13 Pan
or 2 9x5 Loaf Pans
Bake 350° 30-40 mins

| | |
|---|---|
| 1/2 C | Shortening |
| 3/4 C | Sugar |
| 1 | Egg |
| 1 C | Applesuace |
| 1/2 t | Vanilla |
| 1 1/4 C | Flour |
| 1/2 t | Soda |
| 1/2 t | Cinnamon |
| 1/4 t | Nutmeg |
| Dash | Salt |

Cream shortening,sugar and egg until fluffy. Blend in applesauce and vanilla Combine flour, soda, spices and salt; add to creamed mixture, blending well. Spread in greased and floured 9x13 inch pan or 2 5x9 loaf pans. Bake.
VARIATION: 1 C cooked cranberries can be used in place of applesauce. Add 1/2 c chopped nuts and 1 c raisins to batter, if desired.

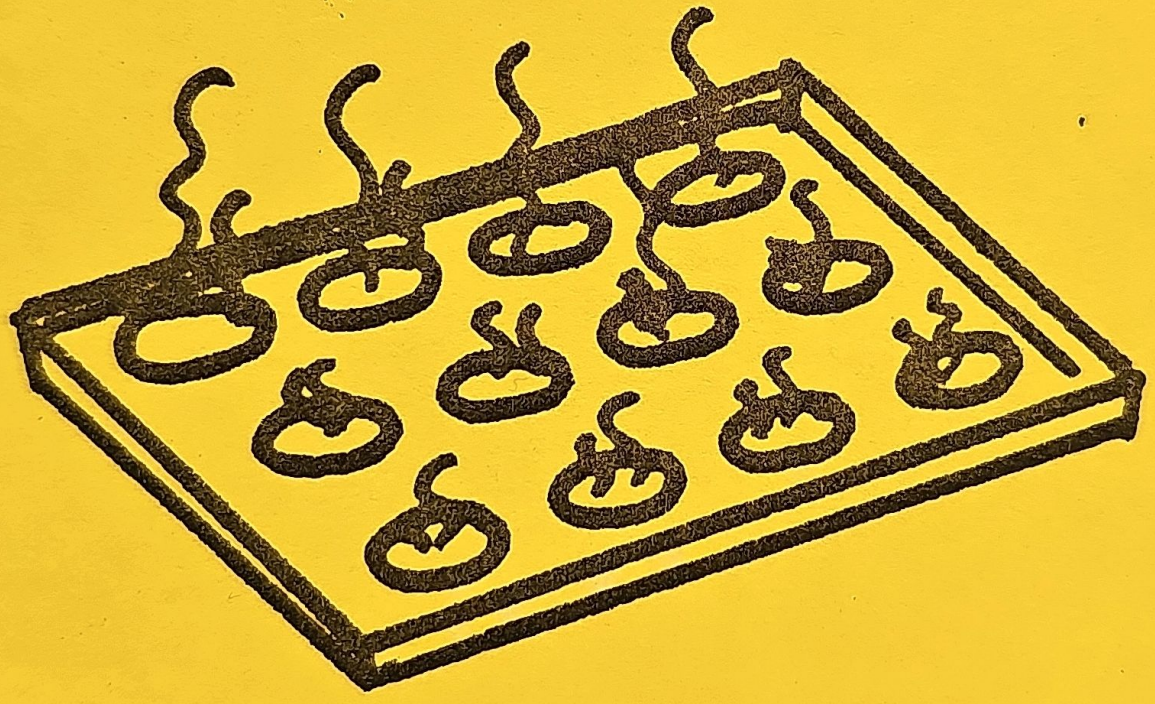
# CORNBREAD

Yield: 9x13inch pan
Bake 375° 25-30 mins

| | |
|---|---|
| 3/4 C | Cornmeal |
| 2 1/4 C | Flour |
| 1/2 C | Sugar |
| 4 t | Baking Powder |
| 1 1/2 t | Salt |
| 2/3 C | Dried Milk |
| 1 | Egg, slightly beaten |
| 7 T | Shortening, melted |
| 1 3/4 C | Water |

Combine dry ingredients in bowl. Add egg, melted shortening and water. Mix until well blended. Pour into greased 9x13 inch pan. Bake.
NOTE: 1-3/4 C fluid milk can replace dried milk and water.

# COOKIES



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## Cookies


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# MILLION DOLLAR COOKIE

Yield: about 5 doz
Bake: 375° 10 mins

| | |
|---|---|
| 2 C | Shortening |
| 1 C | Granulated Sugar |
| 1 C | Brown Sugar |
| 2 | Eggs |
| 1 t | Vanilla |
| 1 t | Almond Flavoring |
| 4 C | Flour |
| 2 t | Baking Soda |
| 2 t | Cream of Tartar |

Cream shortening, sugars, eggs and flavorings. Sift dry ingredients together. Add to creamed mixture. Chill dough. Scoop cookies onto baking pan using 1 T dough. Bake.

OPTIONAL: Flatten each cookie with glass dipped in sugar.
VARIATIONS: Add 1-12 oz pkg chocolate chips or peanut butter chips. Add 1 C chopped nuts. Reduce the flour by 3 cups and add 1 C uncooked Quick-cooking Oatmeal. Add 1 C raisins (plumped, soaked and drained)

# KICKAPOO CRUNCH COOKIE

Yield: 12x15 pan
Bake 350° 15-18 mins

| | |
|---|---|
| 1 C | Shortening |
| 1 C | White Sugar |
| 3/4 C | Brown Sugar |
| 1 C | Peanut Butter |
| 2 | Eggs |
| 2 t | Vanilla |
| 4 C | Rolled wheat or Oats |
| 1/4 t | Salt |
| 1/4 C | Milk |

Cream sortening, both sugars and peanut butter. Add eggs, vanilla and beat. Add rolled wheat/oats, salt and milk. Pour into lightly greased 12 x 15 inch pan. Bake. Do not overbake. Cut while warm.

OPTIONAL: Ice with chocolate glaze.
NOTE: No flour is used in this recipe.

# CHOCOLATE DREAM BAR

Yield: 3 doz

| | |
|---|---|
| 1/2 C | Butter or margarine |
| 1/2 C | Cocoa |
| 2 C | Sugar |
| 1/2 C | Milk |
| 1/4 t | Salt |
| 3 C | Old Fashioned Oatmeal |
| 1/2 C | Peanut Butter |
| 1 t | Vanilla |

Combine butter, cocoa, sugar, milk and salt in saucepan. Bring to boil; boil one minute, stirring constantly. Remove from heat; stir in oatmeal, peanut butter and vanilla. Drop by spoonfuls onto waxed paper or spread in greased pan and cut into squares when cool.

# CRISPY OATMEAL COOKIE

Yield: 3 doz.
Bake 350° 10 mins.

| | | |
|---|---|---|
| 1 | C | Margarine |
| 1/2 | C | Brown Sugar |
| 1/2 | C | Sugar |
| 1 | | Egg |
| 1 | t | Vanilla |
| 1 | C | Flour |
| 1/2 | t | Salt |
| 1 | t | Soda |
| 2 | C | Oatmeal |
| 1/2 | C | Coconut |

Cream margarine and sugars until fluffy; beat in egg and vanilla. Sift flour, salt and soda; stir into creamed mixture along with oats and coconut. Drop by tablespoonfulls onto un-greased cookie sheet. Bake.

# PEANUT BUTTER FINGERS

Yield: 2½ to 3 doz
Bake 350° 25mins

| | |
|---|---|
| 1 C | Butter or Margarine |
| 1 C | Sugar |
| 1 C | Brown Sugar |
| 2 | Eggs |
| 2/3 C | Peanut Butter |
| 1 t | Vanilla |
| 2 C | Flour |
| 2 C | Oatmeal |
| 1 t | Soda |
| 1/2 t | Salt |

Cream butter and sugars until fluffy. Beat in eggs, peanut butter and vanilla. Stir together flour, oatmeal, soda and salt. Add to creamed mixture; blend well. Spread in greased 9x13 inch pan. Bake. Cut into bars. Frost with chocolate frosting if desired.

# SNICKERDOODLES

Yield: 6 doz.
Bake 400° 8-10mins

| | |
|---|---|
| 1/2 C | Butter or Margarine |
| 1/2 C | Shortening |
| 1-1/2 C | Sugar |
| 2 | Eggs |
| 2-3/4 C | Flour |
| 2 t | Cream of Tartar |
| 1 t | Soda |
| 1/2 t | Salt |

Cream butter, shortening, sugar and eggs until fluffy. Sift dry ingredients; add to creamed mixture. Chill dough 1 hr. Shape into balls. Roll balls in mixture of: 2 T sugar and 2 t cinnamon. Place on ungreased cookie sheet. Bake. Cookies will puff up while baking and will flatten when removed from oven. DO NOT OVERBAKE.

# TENDER CRISP SUGAR COOKIES

Yield: 4 doz.
Bake: 375° 10 mins.

| | | |
|---|---|---|
| 1/2 | C | Butter or Margarine |
| 1/2 | C | Shortening |
| 1/2 | C | Sugar |
| 2/3 | C | Sugar, powdered |
| 1 | | Egg |
| 1 1/2 | t | Vanilla |
| 3 | C | Flour |
| 1/2 | t | Soda |
| 1/2 | t | Salt |
| 1/2 | t | Cream of Tartar |

Cream butter, shortening and sugars until light and fluffy. Beat in egg and vanilla. Sift flour, soda, salt and cream of tartar; add to creamed mixture, blending well. Chill dough 1 hr. Shape into small balls; place on cookie sheet. Flatten with bottom of glass dipped in sugar. Bake.

# 1-2-3 COOKIE

Yield: 5 doz.
Bake: 400° 10-12 mins.

| | |
|---|---|
| 1 C | Sugar |
| 2 C | Butter or Margarine |
| 3 C | Flour (unsifted) |
| 1/2 t | Vanilla |

Cream butter and sugar until light and fluffy. Blend in flour and vanilla until well mixed. Drop by spoonfuls onto baking sheet. Flatten with bottom of glass dipped in sugar.
NOTE: Chopped nuts or mini chocolate chips can be folded into dough.

# PEANUT BUTTER COOKIE

Yield: 5 dozen
2½ inch cookies
Bake 375° 8-10 mins

| | | |
|---|---|---|
| 1 | C | Butter |
| 3/4 | C | Peanut Butter |
| 3/4 | C | Brown Sugar |
| 3/4 | C | Sugar |
| 2 | | Eggs |
| 1 | t | Vanilla |
| 2-1/2 | C | Flour |
| 1 | t | Soda |
| 2/3 | t | Baking Powder |
| 1/2 | t | Salt |

Cream butter, peanut butter and sugars until fluffy. Beat in eggs and vanilla. Sift dry ingredients, blend into creamed mixture. Shape into 1 inch balls; press down with fork dipped in flour. Bake.

# ROYAL COCONUT COOKIE

Yield: 5 doz
Bake 350° 15 mins

| | |
|---|---|
| 1 C | Butter or Margarine |
| 1 C | Sugar |
| 1 C | Brown Sugar |
| 2 | Eggs |
| 2 t | Vanilla |
| 2 1/2 C | Flour |
| 2 t | Baking Powder |
| 2 t | Soda |
| 1 t | Salt |
| 2 C | Oatmeal, quick-cooking |
| 2 C | Coconut |
| 1/2 C | Nuts, chopped, optional |

Cream butter and sugars until light and fluffy. Beat in eggs and vanilla. Sift flour, baking powder, soda and salt; add to creamed mixture along with oatmeal, coconut and nuts. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake.

# OATMEAL COOKIE

Yield: 4 doz.
Bake 375° 8-10 mins

| | | |
|---|---|---|
| 1 | C | Shortening |
| 1 | 2/3 C | Sugar |
| 2 | | Eggs |
| 2 | 1/2 C | Flour |
| 1 | t | Soda |
| 1/2 | t | Salt |
| 1 | 1/2 C | Oatmeal |
| 1 | | 6oz. pkg Butterscotch Chips OR |
| 1 | C | Raisins, chopped |

Cream shortening and sugar until light and fluffy. Beat in eggs. Sift flour, soda, and salt; stir into creamed mixture along with oatmeal and butterscotch chips. Shape into 1 inch balls; flatten with glass dipped in sugar. Bake

# OATMEAL BAR COOKIE

Yield: 2 1/2 doz
Bake 350° 25-30 mins

| | |
|---|---|
| 3/4 C | Shortening |
| 1 C | Sugar |
| 3 | Eggs |
| 1/2 C | Molasses |
| 1-1/2 t | Vanilla |
| 3 C | Flour |
| 1-1/2 t | Soda |
| 1/2 t | Baking Powder |
| 1/4 t | Salt |
| 1 T | Cinnamon |
| 1-1/2 t | Nutmeg |
| 1/2 t | Cloves |
| 1 C | Oatmeal |
| 1/2 C | Raisins or Chocolate Chips |
| 1/2 C | Chopped Nuts |

Cream Shortening and sugar until light and fluffy. Beat in eggs, molasses and vanilla. Sift flour, soda, baking powder, salt and spices; add to creamed mixture, beating until well mixed. Stir in oatmeal, raisins and nuts. Spread evenly in well-greased 9 x 13 inch pan. Bake. Cool and cut.

# RAISIN SUGAR CRISP COOKIE

Yield: 5 doz
2 inch cookies
Bake 375° 10-12 mins

| | | |
|---|---|---|
| 1 | C | Butter or Shortening |
| 1 | 1/2 C | Sugar |
| 2 | | Eggs |
| 1 | C | Raisins, ground |
| 1 | t | Vanilla |
| 3 | C | Flour |
| 1 | t | Baking Powder |
| 1 | t | Soda |
| 1 | t | Salt |

Cream shortening and sugar until light and fluffy. Beat in eggs. Blend in raisins and vanilla. Sift dry ingredients; blend into creamed mixture. Shape into 1 inch balls; flatten with glass or fork dipped in sugar. Bake

# CHOCOLATE CHIP COOKIE

Yield: 8 doz
Bake 375° 10 mins

| | |
|---|---|
| 2 C | Shortening |
| 1 1/2 C | Brown Sugar |
| 1 C | Sugar |
| 3 | Eggs |
| 2 t | Vanilla |
| 3 C | Flour |
| 2 t | Salt |
| 2 t | Soda |
| 1 | 12-oz. pkg Chocolate Chips |

Cream shortening and sugars until light and fluffy. Beat in eggs and vanilla. Sift flour, salt and soda; blend into creamed mixture along with chocolate chips. Drop by level tablespoonfuls onto ungreased cookie sheet. Bake.

# PEANUT BUTTER BROWNIES

Yield: About 20
Bake 350° 40 mins

| | |
|---|---|
| 2 | Eggs |
| 1 C | Sugar |
| 1/3 C | Brown Sugar |
| 1/2 C | Peanut Butter |
| 2 T | Butter |
| 3/4 t | Vanilla |
| 1 1/2 C | Flour |
| 2 t | Baking Powder |
| 1/2 t | Salt |
| 1/4 C | Milk |

Combine eggs, sugars, peanut butter, butter and vanilla in mixer bowl. Beat on medium speed until well blended. Stir together flour, baking powder and salt; add to creamed mixture alternately with milk. Blend well. Spread in greased 8 inch spare pan. Bake

# PEANUT BUTTER BALLS

Yield: 48 -½oz. balls

| | |
|---|---|
| 2 C | Peanut Butter |
| 4 T | Butter, melted (not margarine) |
| 2 C | Powdered Sugar |
| 1/2 C | Nuts, chopped, optional |

Blend peanut butter and melted butter. Stir in powdered sugar and nuts; mix well. Shape into balls, refrigerate.


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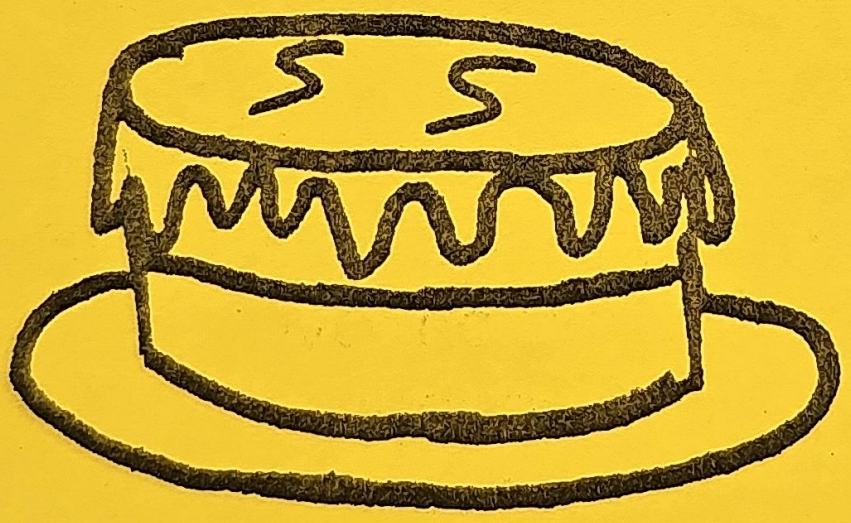
# GINGERSNAPS

Yield: 6-7 doz
Bake 350° 12-15 mins

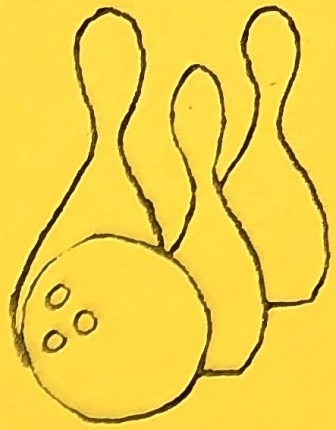
| | |
|---|---|
| 3-3/4 C | Sugar |
| 2-1/2 C | Shortening |
| 3 | Eggs |
| 3/4 C | Molasses |
| 6 C | Flour |
| 2 T | Soda |
| 1 T | Cinnamon |
| 1 T | Ginger |
| 2 t | Cloves |
| 3/4 t | Salt |

Cream sugar and shortening until light and fluffy. Beat in eggs and molasses. Sift dry ingredients; add to creamed mixture, beating until well mixed. Chill 1 hour. Drop by spoonfuls onto cookie sheet. Bake.

# CAKES & FROSTINGS



# Colonial City Bowl



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Peanut Butter Icing . . . . . D 3
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Vanilla Creme Frosting . . . . . D 5

# PEANUT BUTTER CAKE

Yield: 9 x 13 inch
Bake 350° 25-30 mins

| | | |
|---|---|---|
| 2/3 | C | Peanut Butter |
| 1/2 | C | Butter |
| 1-3/4 | C | Sugar |
| 1 | | Egg |
| 1 | t | Vanilla |
| 2-3/4 | C | Flour |
| 2-1/2 | t | Soda |
| 2 | t | Baking Powder |
| 1-1/4 | C | Sour Milk |

Cream peanut butter, butter, sugar, egg, and vanilla until light. Sift dry ingredients; add to creamed mixture alternately with milk. Blend well. Pour into greased and floured 9 x 13 inch baking pan. Bake. Frost with Peanut Butter Icing (pg D-3), if desired.

# WHITE CAKE

Yield: 9 x 13 inch
Bake 350° 25 mins

| | |
|---|---|
| 1/2 C | Shortening |
| 1-1/4 C | Sugar |
| 3 | Eggs |
| 1 t | Vanilla |
| 2-1/2 C | Cake Flour |
| 3 t | Baking Powder |
| 1/4 t | Salt |
| 1 C | Milk |

Cream shortening, sugar, eggs and vanilla until light. Sift dry ingredients; add to creamed mixture alternately with milk. Blend well. Pour into greased and floured 9 x 13 inch pan (or 2 9-inch rounds). Bake. Frost as desired.

# PEANUT BUTTER ICING

Yield: for 9x13 inch
or 2 9-in layers

| | |
|---|---|
| 1/4 C | Butter |
| 1/4 C | Peanut Butter |
| 1 t | Vanilla |
| Pinch | Salt |
| 2 C | Powdered Sugar |
| 2 T | Milk, about |

Blend butter, peanut butter, vanilla, salt and powdered sugar until smooth. Add enough milk to make a good spreading consistency.

# EASY PENUCHE ICING

Yield: for 9x13 inch
or 2 9-in layers

| | |
|---|---|
| 1/2 C | Butter |
| 3/4 C | Brown Sugar |
| 1/2 C | Milk |
| 3½-4 C | Powdered Sugar |

Combine butter, brown sugar and milk in saucepan. Cook over medium heat; stirring until mixture comes to a full boil. Cool to lukewarm. Pour into mixer bowl; gradually beat in powdered sugar. Beat until of spreading consistency. Add a little hot water if icing is too stiff.

# VANILLA CREME FROSTING

Yield: for 9x13 inch

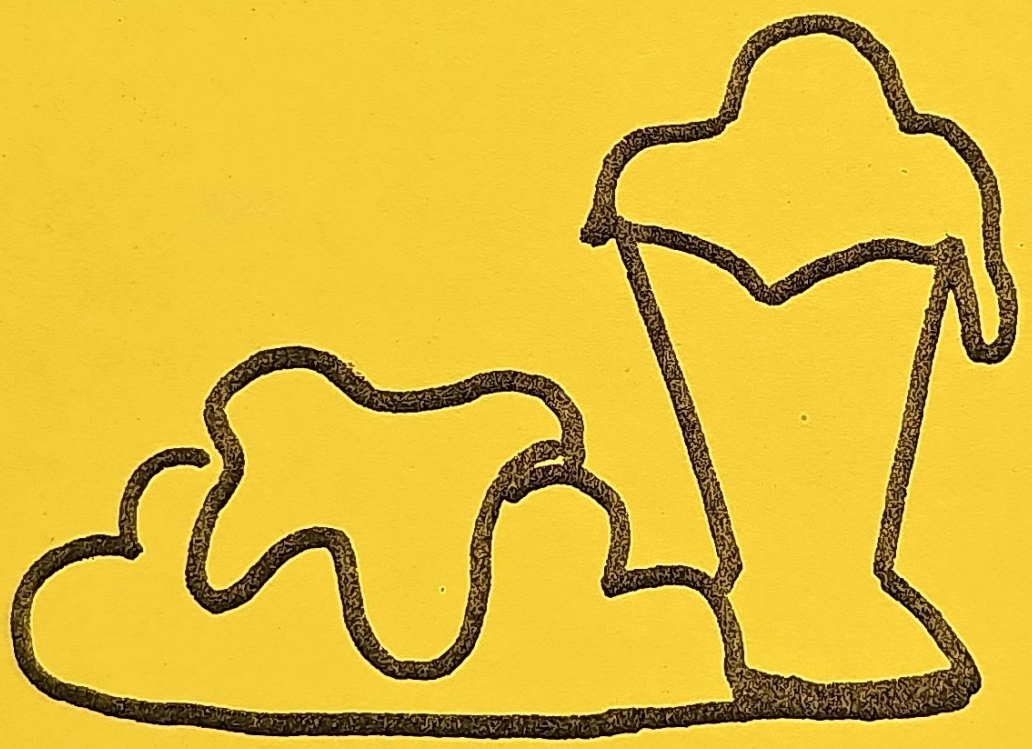
| | |
|---|---|
| 3 T | Butter |
| 3 C | Powdered Sugar |
| 1 t | Vanilla |
| Dash | Salt |
| 3 T | Hot Milk |

Cream butter and powdered sugar until combined. Add vanilla, salt and hot milk; beat until smooth.

# CHOCOLATE CREME FROSTING

Add 1/2 C Cocoa to Powdered Sugar mix above.

# DESSERTS



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You can substitute 1 tablespoon fresh herbs by using 1 teaspoon dried herbs OR 1/4 teaspoon powdered herbs.

You can substitute 1 teaspoon dry mustard by using 2 or 3 teaspoons prepared mustard.

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## Desserts


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Cheese Fudge . . . . . E 3
Honey-Peanut Butter Sauce . . . E 4
Peanut Butter Granola . . . . . E 5
Rosy Applesauce . . . . . E 6

# APPLE CRISP

Yield: 12 servings
Bake 350° 1 hour

| | | |
|---|---|---|
| 3 | qts | Apples, peeled and sliced-about 4 lbs |
| 1 | 1/2 C | Sugar |
| 1/4 | C | Flour |
| 1 | t | Salt |
| 2 | T | Lemon Juice |
| 1 | T | Cinnamon |
| 1/2 | C | Butter or Margarine |
| 1 | C | Brown Sugar |
| 1 | C | Flour |
| 1/2 | C | Oatmeal |

Mix together apples, sugar 1/4 c flour, salt, lemon juice and cinnamon. Spoon into 9x13 inch baking pan. Combine butter, brown sugar, 1 c flour and oatmeal until crumbly. Sprinkle over apple mixture. Bake.

# PUMPKIN CUSTARD

Yield: 16 servings
Bake 350° 1 hour

| | |
|---|---|
| 1/2 C | Flour |
| 2 C | Brown Sugar |
| 1 c | Dried Milk |
| 1 1/2 t | Salt |
| 2 t | Cinnamon |
| 1/2 t | Nutmeg |
| 1/4 t | Cloves |
| 3 C | Pumpkin, canned |
| 4 C | Water |
| 4 | Eggs, beaten |

Combine flour, brown sugar, dried milk, salt and spices; mix well. In large mixer bowl, combine pumpkin and water. Add eggs. Gradually blend in flour mixture; mix thoroughly on medium speed for 6-8 mins. Pour into greased 9x13 inch pan; bake.
NOTE: Dried milk and water can replaced by 4 C fluid milk.

# CHEESE FUDGE

Yield: 3½ pounds

| | |
|---|---|
| 8 oz | Processed American Cheese, shredded |
| 1/2 C | Cocoa |
| 1 C | Butter or Margarine |
| 5 1/4 C | Powdered Sugar |
| 1 C | Nuts, chopped |
| 2 t | Vanilla |
| 2 C | Milk, dried |

Let cheese stand at room temperature to soften. Place all ingredients in mixer bowl Mix on medium speed for approx. 5 mins. If dough is to stiff add 1 t water. Shape into balls or pat into buttered 9x13 inch pan. Chill. Slice or cut into squares. Store in refrigerator.

# HONEY-PEANUT BUTTER SAUCE

Yield: About 20
2 Tablespoon
servings

2/3 C Honey
1/2 C Water, hot
1/2 t Salt
1 1/2 C Peanut Butter

Combine honey, water and salt; Spoon peanut butter in small mixer bowl. Gradually add honey mixture while beating on low speed. Continue beating until smooth. Serve over ice cream.. sectioned oranges or other desserts.

# PEANUT BUTTER GRANOLA

Yield: 4½ cups
Bake 350° 15-20 mins

| | |
|---|---|
| 2 C | Rolled Oats |
| 1/3 C | Chopped Peanuts |
| 2 T | Salad Oil |
| 2/3 C | Honey |
| 1/3 C | Peanut Butter |
| 1/4 C | Sesame Seeds |
| 1/4 C | Soaked Bulgar |
| 1/2 C | Raisins |

Combine all ingredients, mixing well. Spread thinly on large greased rimmed baking sheet. Bake, stirring occasionally until light browned. Cool in pan . Store in tightly closed containers in refrigerator for no more than 2 weeks.

# ROSY APPLESAUCE

Yield: 3 cups

| | |
|---|---|
| 3 C | Applesauce |
| 2 T | Dry Red Gelatin Dessert Powder (strawberry or raspberry) |

Stir gelatin powder into applesauce blending well until gelatin is dissolved.

KEEPING POTATOES WHITE - A teaspoon of white or cider vinegar added to the water in which you boil potatoes will keep them nice and white. You can keep peeled potatoes from turning dark by covering them with water and adding two teaspoons of vinegar.

You can substitute 1 cup sour milk or buttermilk by using 1 tablespoon lemon juice or vinegar and enough sweet milk to measure 1 cup.

# SALADS & DRESSINGS

Hathaway Meats

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You can substitute 1 square chocolate (1 oz.) by using 3 tablespoons cocoa and 1 tablespoon fat.

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# MARINATED POTATO SALAD

Yield: 10 servings

| | |
|---|---|
| 3 Lb | Potatoes, cooked and cubed |
| 1/2 C | Salad Oil |
| 4 T | Vinegar |
| 4 T | Sugar |
| 1 t | Salt |
| 1/3 t | Pepper |
| 5 | Hard cooked Eggs |
| 1 C | Chopped Celery |
| 5-1/4 T | Pickle Relish |
| 5-1/4 T | Minced Onion |
| 1-1/3 T | Prepared Mustard |
| 1/2 C | Mayonnaise (to taste) |

Combine salad oil, vinegar, sugar, salt and pepper; pour over potatoes. Marinate at least 1 hour; stirring often. Gently stir in remaining ingredients; chill thoroughly.

# MAYONNAISE

Yield: 2 cups

| | | |
|---|---|---|
| 1 | 1/2 C | Vegetable Oil |
| 4 | T | Lemon Juice |
| 2 | | Eggs |
| 1 | t | Salt |
| 1/2 | t | Mustard, dry |
| 1 | t | Mustard, prepared |
| 1/2 | t | Paprika |

In blender container, combine ½ c oil and remaining ingredients. Blend slowly until smooth, about 30 sec. Continue blending on high while adding the remaining 1 c of oil Refrigerate.

# SESAME SEED DRESSING

Yield: About 1 quart

| | | |
|---|---|---|
| 1 | C | Sugar |
| 1 | t | Paprika |
| 1 | t | Salt |
| 1 | t | Worcestershire Sauce |
| 1/2 | t | Mustard dry |
| 1 | T | Onion Juice |
| 2 | C | Salad Oil |
| 1 | C | Vinegar |
| 1/2 | C | Toasted Sesame Seeds |

Combine sugar, seasonings and onion juice; beat until thoroughly combined. Add oil gradually, beating continually. Blend in vinegar a little at a time. Fold in sesame seeds. Refrigerate.
NOTE: To toast sesame seeds, place on baking pan and bake at 200°-250°. Stir frequently and watch closely, until just golden brown. They turn bitter if too dark.

# SOUR CREAM DRESSING

Yield: 2½ cups

| | |
|---|---|
| 2 C | Mayonnaise |
| 1 1/2 t | Onion, dehydrated or freshly grated |
| 1/2 t | Garlic Powder |
| 2 T | Vinegar |
| 1/3 C | Milk |
| 1 t | Parsley Flakes |
| Dash | Paprika |

Combine all ingredients; blend thoroughly. Refrigerate. Serve over salad greens, cabbage or use as a dip for vegetables.

# PINEAPPLE DRESSING

Yield: about 2 cups

| | | |
|---|---|---|
| 1 1/4 | C | Pineapple Juice |
| 2 T plus 2 t | | Cornstarch |
| 1/4 | c | Water, cold |
| 1 | | Egg, slightly beaten |
| 3/8 | C | Sugar |

Bring pineapple juice to boiling point. Dissolve cornstarch in cold water; blend into hot juice. Cook until thickened. Add a little hot mixture to beaten egg; blending well. Return to hot mixture; continue cooking 5 mins. Refrigerate until needed.
NOTE: Whipped cream and/or salad dressing may be folded into dressing, along with well drained pineapple, if desired.

# NORTHWEST DRESSING

Yield: 1 quart

| | |
|---|---|
| 3 C | Mayonnaise or Salad Dressing |
| 3/4 C plus | |
| 2 T | Catsup |
| 1 T | Sugar |
| 2 T | Worcestershire Sauce |
| 1 1/2 t | Onion Juice |

Combine all ingredients, blend thoroughly. Refrigerate.

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# MOCK BLUE CHEESE DRESSING

Yield: 1 quart

| | |
|---|---|
| 2 C | Buttermilk |
| 2 C | Mayonnaise or Salad Dressing |
| 1 T | Onion Flakes |
| 1 T | Garlic Powder |
| 1 t | Minced Parsley |
| Salt and pepper to taste | |
| 1/2 C | Cottage Cheese, small curd |

Combine ingredients; stir well, but do not beat. Refrigerate

# QUICK TARTAR SAUCE

Yield: 1 quart

2 2/3 C Mayonnaise or
Salad Dressing
1 1/3 C Sweet Pickle Relish

Combine ingredient; stir well.
Chill to blend flavors.

# HAMBURGER RELISH

Yield: 1 cup

1/3 C Mustard, prepare
1/3 C Pickle Relish, drained
1/3 C Catsup

Combine all ingredients;
blend well. Store in
refrigerator.

# PICKLED BEETS

Yield: about 2 cups

| | |
|---|---|
| 1 lb 13oz | Canned Beets |
| 1 C | Beet Juice |
| 6 T | Sugar |
| 1 C | Vinegar |
| 1/2 t | Salt |
| 1/2 t | Cinnamon |
| 1/4 t | Cloves |

Drain beets, reserving 1 c liquid. Combine beet liquid with sugar, vinegar, salt and spices. Bring to a rolling boil. Remove from heat; pour over drained beets. Refrigerate overnight.

# MOLDED FRUIT SALAD

Yield: 10 servings

| | |
|---|---|
| 1 C | Cored, unpeeled, diced Apples |
| 1/2 C | Fresh Orange Sections |
| 1 C | Cranberries |
| 1 t | Grated Orange Rind |
| 1/2 C | Sugar |
| 1-1/2 t | Salt |
| 1 | 6 oz. pkg Cherry Gelatin |
| 2 C | Boiling Water |
| 2 C | Cold Water |

Grind oranges, apples and cranberries; stir in orange rind. Add sugar and salt to fruit mixture. Let stand for two hours. Dissolve gelatin in boiling water; stir in cold water. Cool to syrup consistency; stir in fruit mixture. Pour into a 9 x 12-inch dish. Refrigerate until firm.

# Versatile Vinegar Tips

WHEN HANDLING ONIONS - A little white vinegar rubbed on your fingers before and after slicing onions will remove the odor of onions.

REMOVING STAINS - An equal mixture of salt and white vinegar will clean coffee and tea stains from china cups.

OPENING CLOGGED DRAINS - You can help open a stopped-up sink drain by pouring a handful of baking soda down the drainpipe adding one-half cup of white vinegar. Cover drain tightly for a few minutes, then flush with cold water.

BRIGHTER STAINLESS STEEL - Spots on your stainless steel kitchen equipment can be removed by rubbing the spots with a cloth dampened with white vinegar.